

Your Health
THE FIRST CONCERN.



TOO MUCH ACID

R. S. Copeland, M. D.

"My doctor says I have too much acid in my system and so must diet." We often hear this remark. The listener may have but a vague idea of what "too much acid" means. He has a still more vague idea of what to do to correct the trouble. The normal blood is alkaline. During life it never becomes really acid, but its alkalinity may become diminished. This may occur by reason of excessive formation of acid, or by insufficient excretion of acids. The common symptoms of an excess of acid may be a reminder of gout. There are pains in the joints, indigestion, nervousness, headaches, or eruptions of the skin. If the secretions of acid in the stomach are increased, there will be discomfort after meals or between meals. The first step toward a cure is to obtain good elimination. Next, there must be regulation of the patient's diet, particularly as regards the combinations of foods he habitually chooses.

For example, it is not wise to eat acid fruit, such as tomatoes or rhubarb, with a meal of starchy food. Better digestion is secured when the acid vegetables or fruit are eaten with a meat meal. The acid of tomatoes interferes with the digestion of starch and produces indigestion, while vegetable salads, with French dressing made with lemon juice, may be safely eaten with starchy meals. The use of the meat for the sufferer from too much acid depends somewhat upon certain things. For instance, gouty patients should partake sparingly of meat. In such cases, white meat is less objectionable than red meat. Boiled meats are better than roasted or fried because in boiling most of the acid forming substances escape in the water. Salted meats, as ham or salted fish, are usually badly borne, as is any food with an excess of salt. Milk and eggs are commonly well digested and may be used to compensate for the partial abstinence from meat.

HALITOSIS OR OFFENSIVE BREATH
Dr. Morris Fishburn

There is an anecdote about the Japanese, who are alleged to be more polite even than the Frenchmen, that when meeting a stranger they inhale constantly to indicate that nothing could be sweeter to them than the stranger's breath. Halitosis or offensive breath, can make life miserable not only for the one who has it, but for those around him. In a recent review of the subject, Dr. H. Prinz attributes offensive breath in at least 90 per cent of all cases to prolonged stagnation of food debris around the teeth; food particles undergoing decomposition in cavities. The odor of decomposing material is intensified by such odors as come from pyorrhea or decayed teeth. After the teeth, the most common source of bad breath is infection in the throat and in the tonsils. When this material is pressed out of the tonsil with an instrument it is found to be distinctly offensive in odor. Of course, the tonsils can be removed, but a less serious measure is to apply antiseptic material to the crypts that have been referred to.

A chronic inflammation of the sinuses produces a bad taste in the mouth of the person concerned more often than a bad breath that bothers everybody else. There are, however, certain cases of inflammation in the nose called ozena in which there is a constant foul odor. Disturbances of digestion affecting the stomach cause offensive odor of the breath far less often than is supposed or anticipated.

A GREAT LIFE SAVER

The simple water enema is a wonderful life-saver and health promoter. It costs nothing. It is absolutely harmless. It gives complete and immediate relief. It may be repeated as often and as long as necessary. Dr. Alvarez, of the Mayo Clinic, says, "Physicians are not justified in warning patients as they now do against the frequent use of the enema." Since Dr. Alvarez discourages the use of bran and other bulking, it is evidently very reasonable and proper that he should recommend the use of the enema. In the writer's opinion, both bran and the enema are to be recommended, each to be used in a reasonable and judicious manner.

Disease of the gallbladder is due to infection. The infection begins in the duodenum and goes into the gallbladder. It is usually associated with colitis, which is also due to infection. The infection ascends through an incompetent ileocecal valve until finally the duodenum is reached and later the gallbladder. Disease of the gallbladder often results in the formation of gallstones. It may also extend into the liver, in which case it is likely to cause a rise of temperature and even acute attacks of inflammation with the interruption of the flow of bile and attacks of biliary colic. There is also reason for believing that infection may ascend from the duodenum to the pancreas, causing chronic pancreatitis and even diabetes.

PROJECT TO CAPITALIZE THE STATE'S BEAUTY

Methods of "grading, packaging and selling" Pennsylvania's natural beauties for the benefit of the State and its citizens was discussed at Harrisburg, February 26 at the organization meeting of the Recreation Committee of the Greater Pennsylvania Council.

Under the chairmanship of Richard Connell, Philadelphia, the committee will discuss capitalization of the State's natural scenery to benefit the residents of the industrial centers and to attract attention of persons from outside the State.

"That scenery, and what goes with it, is a natural resource is an undisputed fact," Dr. Charles Reittel, executive director of the Council, said today. "It can be capitalized to earn a large revenue for the State and its citizens."

"The warm loveliness of Pennsylvania is a tremendous asset, but it must, to meet modern competition, be graded, packaged and sold, as it were, by modern methods."

Projects already determined for Committee consideration include:

1. A survey of the possibilities for public development of more large country parks in the Philadelphia district, for its present 3,500,000 population and the 6,500,000 expected by 1950.

2. A similar survey of the Pittsburgh area particularly as to possible public development of McConnell's Mills, famous beauty spot beyond Zellenople.

3. Plans for a recreational area in the Erie-Pymatuning region including the great new Pymatuning Lake with its 70 miles of shore-line on the western edge of the State.

4. A study of various Pennsylvania recreation resorts to determine by exact scientific methods just what attractions they have to offer the tired city folk of Pennsylvania and other States. Such studies will serve as models for others to be made later. Those already scheduled are the Poconos region, the Seven Mountain, Black Forest and Allegheny Tablelands areas. The Poconos study will be made first.

"In these studies we shall be pioneering to form a possible basis for the merchandising of recreation based on exact scientific facts," said Dr. Reittel.

"For many years Pennsylvania vacation-spots have given enjoyment to vacationists, who have realized the value of their beauty and climate. Other advantages can now be scientifically measured. What are the therapeutic values? How constant is the sunshine? How clean and clear is the air? How pure are the waters?"

"Modern science can now exactly answer these questions. The health-giving qualities of a region may be determined as closely as the strength of a steel bridge, or the qualities of a chemical.

"These studies will enable us to find out how scientific data, translated in terms of public understanding, may be used later to merchandise other areas, or the recreational advantages of the whole State.

"The State Health Department will donate the services of a specialist, who will supervise the health studies described above, and will furnish use of its laboratories and records.

"The Pymatuning region will, upon completion of the dam and the creation of the great lake, inevitably attract industries and population. Removal of the fear of floods and drought in the Beaver and Shepango Valleys, by virtue of the steadier water supply made possible by the dam and lake, will increase the attractiveness of these valleys to industry.

Studies on the industrial possibilities of the region are planned by the Council. The recreational studies will keep pace with those, so that, we hope, the industrial value and the recreational value of the region will advance hand in hand."

ARMY CLOTHING TO GO TO IDLE AT CUT RATE

The War Department has begun actual distribution of \$3,000,000 worth of surplus clothing at reduced prices under the agreement negotiated with Secretary of War Hurley, by members of the House Military Affairs Committee.

It is expected requests will become heavier when machinery to obtain warm clothes for those in distress becomes better known. Relief organizations and American Legion posts have undertaken this task.

A complete outfit except for suit coat may be purchased for \$2.13 under the plan, which permits relief organizations to buy at half the regular department prices. It is estimated that sufficient clothing for almost 1,500,000 people is available, although complete outfitting cannot be assured because of shortages in sizes and certain articles, shoes, for instance, are restricted to very small and very large sizes.

Requests placed by individuals with Legion posts and charitable organizations first must be certified by the Governor of the State, who transmits the order to the Army Corps commander of any particular area. He forwards it to the War Department, which issues the clothing from the nearest of its 15 depots.

Everybody in need may partake of the benefits, which are not limited as some think, to World War veterans.

The articles and their prices are as follows: Caps, 10 cents; wollen underwear, 20 cents; shoes, 25 cents; gloves, 10 cents; flannel mittens, 2 cents; overcoats, \$1; leggings, 5 cents; wool socks, 3 cents; wool pants, 25 cents; reclaimed wool pants, 12½ cents. The proceeds will go to the Treasury. The War Department will make no charge for handling, but the Legion or charitable organizations must pay transportation costs.

SMALL COLONY OF GREEKS GATHER SPONGES OFF FLORIDA

"Wham!" A report that was a combination of pistol shot and Babe Ruth knocking a homer, punctured the mid-afternoon calm which lay over the trim little Florida town of Tarpon Springs. The newspaper man's auto, giving an illustration of how a person walks when one leg is shorter than the other, bumped to a halt in front of a low white schoolhouse.

The tire was changed, not without a groan and a curse. Then just as the driver dropped back behind the wheel and placed his foot on the starter, the bell atop the schoolhouse rang. Instantly arose the chatter of many youthful voices and the sound of hurrying footsteps.

"Well, let's go," urged the non-paying passenger. "Haven't you ever seen school let out before?"

From the merry group a little girl detached herself and walked gravely toward the machine. Her hair was jet black, a flowing black—like a pond at night. Her skin was very white.

"Would you like to buy a souvenir booklet of Tarpon Springs?" she inquired in precise English. "It tells all about the art of sponging."

"Sponges—Tarpon Springs—that's right," murmured the scribe and taking the booklet from the little girl he opened it and read:

In the dawn of history, long before the dagger of Brutus sought the heart of Caesar—the sponge was known and used by mankind. The waters of the Mediterranean, Aegean seas and legend tells of hundreds of Greek divers being sacrificed in securing silky tissues for the baths of Livia, Messalina, Poppaea and other Roman empresses. The eyes of the travelers sought the face of the small damsel who waited patiently. The dark hair—the high forehead and classic profile.

"Why, you must be Greek!" The little girl smiled very simply. "I am an American," she corrected. My father was born in Greece. But he is an American, too."

"What does your daddy do?" "He is with the sponge fleet. He is one of the very best divers," she replied with unconscious pride. The ships and the exchange are down there, if you would like to see them."

"Thanks, we would," said the newspaper man. "And here's your dime." The little Greek girl took the money, thanked him gravely and skipped off to join her companions.

The car moved slowly down the shady street, past the neat bungalows of the winter residents, and on into what might have been another land, instinctive and become crooked. It meandered in and out between long, low warehouses, spaced with shops whose windows bore strange hieroglyphics. Before the shops sat men—dark swarthy men with flashing teeth—deep in wide-armed converse in their own tongue. Of women no sign save here and there a curious old world figure of a granddame, the brilliant sunlight falling upon her black dress, upon the black shawl silhouetting a face like ancient parchment. Over all, as though explaining these strange sights, the pungent odor of sponges drying in the sun.

It was, the newspaperman found, by consulting the little booklet, forty years ago that American sponge interest abandoned the slow and unprofitable business of picking sponges from the bottom by means of hooks on long poles—and sent out a call for Greek divers. Lured by tales of the wonderful beds in the Gulf of Mexico, fifty intrepid sailormen fished one of their Mediterranean fishing vessels and set forth. The passage of this hardy band of mariners find no encomium in the annals of American history, yet the spirits of the pioneers must have been theirs. To them, the colony of 1500 Greek-Americans at Tarpon Springs owes its existence. To them, an industry which moves every year nearer the million dollar mark.

The fleet was in. Big Bertha finally emerged from the narrow street and rolled out upon the dock. Tiny tiposed vessels, banded in brilliant colors, their rigging and decks covered with chains of sponge. Upon the dock, countless other rings laid out in readiness for the bi-weekly auction.

There are no old men about the docks at Tarpon Springs—mute testimony to the rigorous demands which nature makes on the life span of a diver. But the voice of the fishermen working about the boats gave cheery assurance that they hold the future lightly, as long as the present is profitable and pleasant.

Upon one of the vessels a sunburnt diver worked upon his equipment and vouchsafed information. "Yes, the life it is not easy. Many weeks we are not in the gulf—six, eight, sometimes 10 men upon one of these little ships."

"How do you get the sponges up from the bottom?" The diver picked up a short three-pronged hook and a rope basket. With the hook you pull the sponge from the bottom, and drop it in the basket. Sometimes—and the diver smiled. "We use the knife to cut away the octopus when he becomes affectionate."

"What about the shark? Don't they bother you?" The dark man smiled. "The shark he is very curious. He comes close to the diver, his eyes stick way out of his head. 'What is this?' he says. But a little air from the top of the helmet—puff! and he is gone."

"I shouldn't think you'd care to have those monsters playing around, though."

"Oh, the shark he is all right—he never attacks the diver. There are other things the diver fears

32 PER CENT OF AUTOS INSPECTED TO DATE

The midway point of the compulsory motor vehicle inspection period in Pennsylvania found only 32 per cent of automobile owners complying with the law, Benjamin Eynon, Commissioner of Motor Vehicles, said.

"Six weeks of the first 1932 compulsory motor vehicle inspection period have gone by," the commissioner said. "To date 447,000 motor vehicles of all types have been inspected. That is just 32 per cent of our total registration for 1932. But six weeks remain for the remaining 68 per cent of our automobile owners to have their pleasure cars and trucks inspected."

Ten per cent of the total motor vehicle accidents in 1931 reported to the Department of Revenue were attributed to defective equipment of some kind.

If Pennsylvania, by means of compulsory inspection can cut down or wipe out that 10 per cent of accidents due to faulty equipment, then something practical will have been accomplished, he said.

NO ENVELOPES IN USE THEN

When the post office was first established in 1811 there were no envelopes to the letters. The sheets were folded and the address written on the outer one. They were held together with sealing wax or tied with yarn. The letters were written with quills and home-made ink, made of poke berries, or lamp-black and rainwater was used. The postage at first was paid at the receiving end and was charged by distance traveled instead of by weight. Merchandise was not at first sent by mail. Now, however much freight, in size limited and weight limited packages may be sent. Even live animals of certain kinds, and liquids which were once prohibited.

more. Such as the tangling of an air line, the fouling of a pump, or the bends?"

"The bends?" "When you go down too rapidly, or come up too quick, you get the bends. The knees will not work. One cannot walk. It is bad. He shook his head.

Letting his eyes wander over the strings of sponges clinging to the rigging, the newspaperman spied a single sponge, hanging by itself. It was the most beautiful sponge he had ever seen. Perfect in form, absolutely white, and as soft as lamb's wool.

"What a beauty," he cried. "Is that sponge for sale?"

The diver laughed. "No, no," he cried. "That is what we call a love sponge."

"Love sponge?"

"Yes." He took the white sponge down and held it in his hands. "When a fisherman has fallen in love with a young lady of his own race, he chooses for her the most perfect sponge in all his catch. Each day he washes this sponge and cleans it. After a long time, the sun makes it like this, soft and white."—Boston Post.

A PENN STATE CLUB FOR CENTRE COUNTY

More than 100 of the 700 Penn State graduates and former students in Centre county met at the College, Monday night, February 29, and organized a group to be known as the Penn State Alumni Club, of Centre county. The organization corresponds to the many Penn State Clubs in other communities of the State. Centre county, according to Edward K. Hibsman, executive secretary of the alumni association, has more graduates and former students of the College, men and women, as residents than any other counties in the State. Philadelphia and Allegheny excepted.

Officers of the new organization, elected at the meeting Monday, are Charles L. Kinsloe, of State College, president; Ralph C. Blaney, Bellefonte, vice-president; and William S. Young, State College, secretary-treasurer.

The club voted, in formal resolution, to express its endorsement of the athletic policy of the College and to lend encouragement toward carrying out these ideals which had their inception in alumni action some twenty-five years ago.

The history of athletics at Penn State was traced by two former graduate managers of the institution, George R. Meek, of Bellefonte, the first man to hold this position, and Raymond H. Smith, of State College, who held the same position before becoming controller of the College. Dean Arthur E. Warnock, a member of the athletic board of control, explained in detail the developments in Penn State's athletic program since the world war and related the events leading up to the announcement of the present policy in 1927 and the establishment of the new school of physical education and athletics in 1930.

The new club plans to hold a dinner meeting some time this spring at which some 300 or 400 are expected to attend.

BRITISH CANNERS OUTSTRIP RIVALS

While other British industries are steadily declining, fruit and vegetable canning enterprises are outstripping their competitors abroad.

Less than four years ago the canning industry in the United States had no serious rival, but it now has been almost shoved out of the British market by home factories. Even the supply of pork and beans, a delicacy formerly furnished exclusively by American packers, has been taken over by the British, with a resultant increase in popularity.

Horse flesh is another product canned here in large quantities for export, mostly to the European continent. It is often said in France that many of the "beefsteaks" served in small restaurants actually are horseflesh, and with proper preparation it is difficult to tell the difference.

Canning of fruit has increased more than 500 per cent in the last five years, while vegetable canning industries have grown no less than 2,500 per cent. The present output for both is more than 80,000,000 cans yearly.

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